

The Sourdough

S E N T I N E L

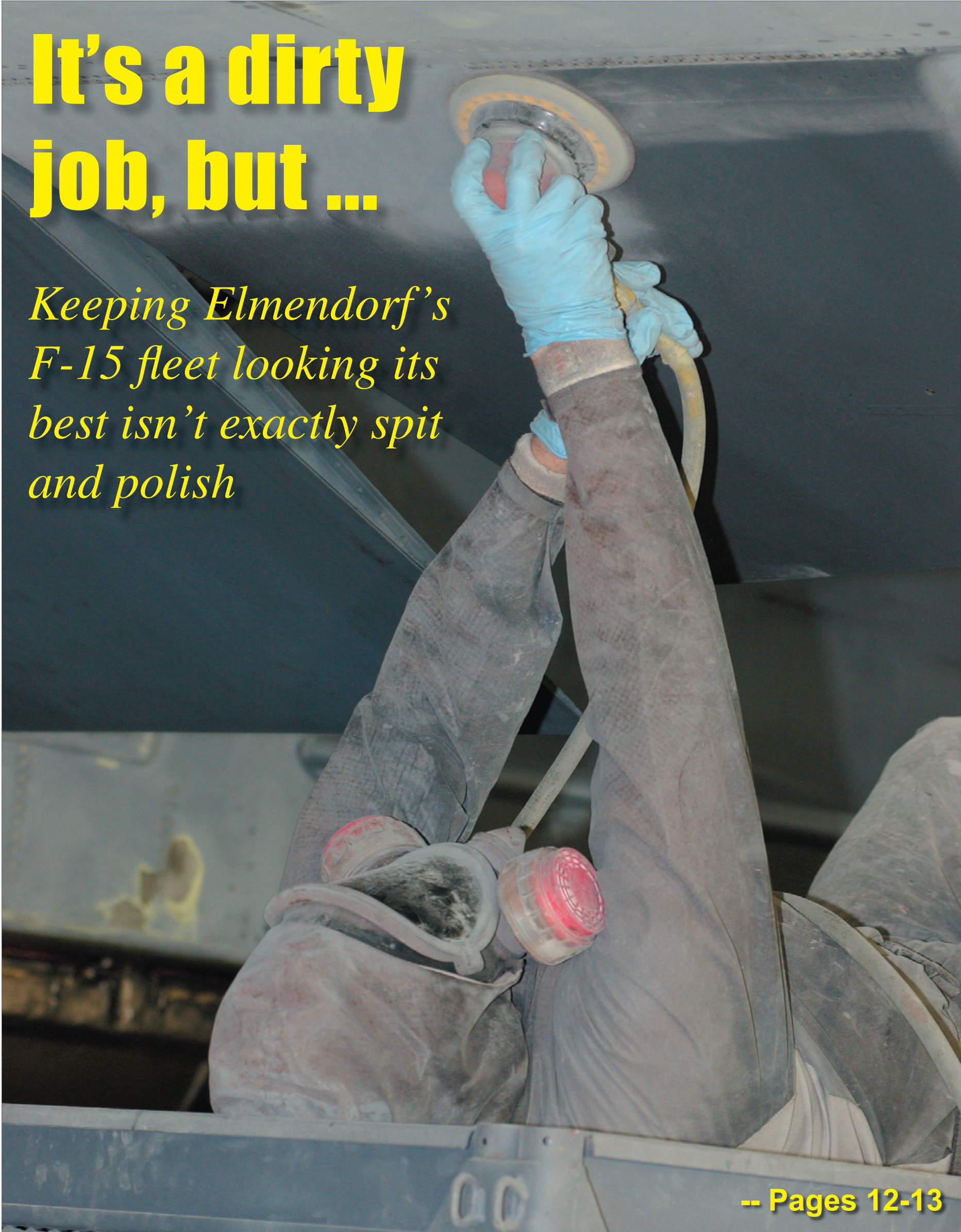
March 11, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 10

It's a dirty job, but ...

Keeping Elmendorf's F-15 fleet looking its best isn't exactly spit and polish



-- Pages 12-13

TECH. SGT. SHARON BALTAZAR



AIRMAN 1ST CLASS JONATHAN THRASHER

Ms. Marissa Jones, blood drive volunteer, prepares the arm of Senior Airman Juan Bonilla, 3rd Civil Engineer Squadron, during a blood drive Feb. 28 at the Arctic Oasis Community Center. More than 100 Arctic Warriors participated in the event. The next blood drive is slated for March 28 at the Arctic Oasis Community Center. For more information, call 1st Lt. Graham David at 552-2267.

Action Line



Brig. Gen. Michael Snodgrass
3rd Wing Commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done? The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Michael Snodgrass. Your calls will get the commander's personal attention and be answered in a timely manner. If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:
Col. Christopher Thelen, 3rd CES/CC 552-3007
Lt. Col. David Aupperle, 3rd SVS/CC 552-2468
Lt. Col. Robert Garza, 3rd SFS/CC 552-4304



■ **3rd Equipment Maintenance Squadron munitions control flight**, evacuated the 6-Mile AMMO storage area upon notification of improperly packaged hand grenades, causing an unsafe condition. The 3rd EMS controllers initiated emergency action checklists, notified base agencies of the dangerous situation and ensured personnel accountability.

Their actions resulted in all the aircraft being reloaded during daily aircraft generation and no damage to valuable facilities or personnel.

■ **Senior Airman Sara Klobucar**, 3rd Operations Support Squadron, voluntarily deployed with the 517th Airlift Squadron supporting Operation UNIFIED ASSISTANCE.

She was instrumental in the stand-up of the 374th Air Expeditionary Wing in Utaphao, Thailand.

She then forward deployed to Jakarta, Indonesia, as the sole weather forecaster.

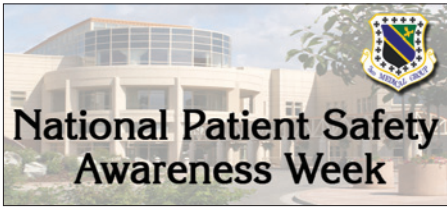
Airman Klobucar enabled the safe conduct of 42 life-saving supply missions and the delivery of 280 tons of critical supplies to the tsunami-devastated region.

■ **Tech. Sgt. Jason Gamiere and Airmen 1st Class Matthew Allsbrook and Joseph Brugger**, 3rd Communications Squadron, restored two e-mail servers after a catastrophic system failure.

The team also restored e-mail services for more than 3,000 customers.

Their innovative techniques reduced a 12-hour e-mail restoration process to 20 minutes, ensuring Elmendorf's e-mail capability was available at the start of the following day.

■ This week's commanders shadows are **Airman 1st Class Lara Ashley**, 3rd Medical Group and **Staff Sgt. Jeremy Jones**, 3rd Logistics Readiness Squadron.



munication and medication. Patients can help the staff meet the requirements for these goals all year by doing the following:

- Make sure the staff properly identifies you every time you are in the facility with your full name and sponsor's SSN. If you are a patient, the staff may ask you to state your name and SSN. They may also look at your patient ID band before giving medicine or performing a procedure
- Bring a list of all the medicines you are taking to your appointment, including over-the-counter and herbal

medicines. Include the name of the medicine, the strength, how often you take it and the reason for the medicine. If you are admitted to the hospital, the staff will ask for this list.

■ Before a staff member examines you, they should wash their hands with soap and water or use alcohol gel. Sinks are located in all patient rooms and alcohol gel containers are in the hallways. If you did not see your provider wash their hands, remind them to before they touch you.

A patient safety partnership relies on open and honest two-way communication. These goals, along with information from TRICARE's "Ask Me ..." brochure, located at hospital entrances, can help to make better communication possible. For more information, call Ms. Carole Durant at 580-3086.

(Courtesy of the 3rd Medical Group)

National Patient Safety Week: staff, patient communication

The 3rd Medical Group is celebrating National Patient Safety Week through Saturday. The focus of this year's campaign is effective communication between patients and their health care providers.

Since medical information is often difficult to understand, the 3rd MDG providers encourage their patients to become active partners in managing their healthcare by asking questions until they completely understand.

Providers may assume their patients understand if they do not ask questions about their diagnosis and treatment plans. Understanding builds partnerships and helps to improve patient safety.

In light of this celebration, the 3rd MDG put into practice nine National Patient Safety goals. These goals focus on patient identification, com-



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Best in DoD 2000
Best in Air Force
1999, 2000 & 2001
Best in PACAF
1998, 1999, 2000 & 2001
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3rd Wing Moment in History



3rd Bomb Group, Bismarck Sea

March 8, 1942:

Col. William O. Butler assumed command of the newly formed 11th Air Force on Elmendorf Field. He was eventually promoted to major general and remained in command until September 1943.



COURTESY GRAPHIC

An artist's rendering of Moose Crossing, the new Private Sector Financed housing development, is located adjacent to the base hospital.

Arctic Warriors to move into new base housing

Town Hall Meetings to convene for each base housing area

By Mr. Jon Scudder

3rd Wing Public Affairs Environmental

Private Sector Financed Housing will hit high gear this summer with up to 300 families moving into Moose Crossing, the new housing development adjacent to the base hospital.

"This step will take Elmendorf into a new era of quality housing," said Ms. Bev Roberts, 3rd Civil Engineer Squadron housing flight chief.

"The completion of Moose Crossing will also serve as the catalyst for demolishing outdated housing throughout Elmendorf."

Mr. Ken Walters, 3rd CES PSF project engineer said more than 60 Moose Crossing units will come on-line beginning in July and steadily increase until 590 are completed by the end of the summer of 2006. "These are new homes similar to those in PSF Phase I and will provide an improved living environment for base residents," he said.

Residents in certain housing areas that are scheduled to be demolished or remodeled will be required to move into new housing.

Locations affected prior to October of this year are the entire Phoenix, Houston, and Boulder housing areas, impacting 184 families.

Additionally, segments from the Douglas, Boston and Denver areas will start the process before October and continue throughout the upcoming year, impacting another 122 families.

After October, and as construction progresses, Mr. Walters said people in the New Sunflower, Seattle and Dayton areas will also be affected until the project is completed in late 2007.

When PSF Phase II is completed, Aurora Military Housing LLC will then own and manage all 2,022 homes on Elmendorf.

According to Ms. Roberts, the majority of people will be moving into Moose Crossing, with the exception of families who qualify for four-bedroom units.

Those families will be offered similar units elsewhere on base due to the unavailability of four-bedroom units in Moose Crossing.

"We will begin notifying people who are affected over the next few weeks," said Ms. Roberts. "Our intent is to give people at least 90 days notice for a required move and they will only move once."

To help inform and alleviate any fears residents may have about the transition, Town Hall meetings will be scheduled soon to help answer Arctic Warriors questions.

The dates and times of the meetings will be announced in the *Sourdough Sentinel*.

"We will be tailoring the Town Hall meetings to each housing area," said Ms. Roberts.

At these meetings, representatives from the housing and transportation management office, the Anchorage School District and the Aurora Military Family Housing LLC will brief families on the options available.

Some of the decisions Ms. Roberts said families will need to make is whether to move to new base housing or off-base;

to use government contracted, do-it-yourself, or a combined move; and which school arrangements to make for their children.



COURTESY PHOTO

This is the first of nearly 600 interiors in Moose Crossing.

Ms. Roberts said the costs for those required to relocate will be paid by the government, whether families move on or off base, and a dislocation allowance of \$564.03 will be provided for incidentals such as telephone, cable TV and computer connections.

For those people whose housing areas are scheduled for demolition and are within 60 days of a permanent change of station, retirement or separation, Ms. Roberts said extended temporary lodging allowances will be funded to alleviate a second move.

These people will be able to ship household goods early and receive a full complement of loaner furniture.

"We're aware there will be special exceptions for people in certain situations and are dedicated to work on a case-by-case basis to minimize the impact to families," said Ms. Roberts. "We gained considerable experience with relocations during PSF Phase I.

"We expect Phase II will be as seamless as Phase I, and will continue to work very hard to make sure that's the case," said Ms. Roberts.

"These new homes are a great quality of life improvement and are the best way we can take care of our people."

"This step will take Elmendorf into a new era of quality housing. The completion of Moose Crossing will also serve as the catalyst for demolishing outdated housing throughout Elmendorf."

Ms. Bev Roberts

3rd Civil Engineer Squadron housing flight chief



AIRMAN 1ST CLASS GARRETT HOTHAN

Following a deployment, Maj. Brian Porter, 517th Airlift Squadron, embraces his son upon returning to Elmendorf March 1. About 100 operators, maintainers and aircrew, mostly from the 703rd Aircraft Maintenance Squadron and 517th AS, returned home on a C-130 aircraft. They were deployed in support of Operation Enduring Freedom.

DoD security clearances now performed by FIS

Last month, about 1,800 Defense Security Service special agents and managers were reassigned to the Federal Investigative Service, a newly formed department within the U.S. Office of Personnel Management.

The six sworn, former DSS agents now assigned to the FIS, federal agents in Alaska, five in Anchorage and one in Fairbanks, will remain in place and continue to conduct background investigations for the DoD. They will also continue to conduct investigations for 99 other federal agencies.

The only noticeable difference will be the new badges and credentials the agents carry.

Under contract to the FIS, there will be several civilian special investigators that will be helping the federal agents conduct background investigations at Elmendorf.

The special agents and investigators will continue to provide service to Elmendorf and the DoD community.

If you have any questions concerning the transfer, call the FIS Office at 552-3837.

(Courtesy of the Federal Investigative Service)

Elmendorf Iditarod musher sets solid pace

By Capt. Amy Hansen
3rd Wing Public Affairs

Maj. (Dr.) Thomas Knolmayer, Elmendorf’s chief of surgery and the only active-duty Iditarod contender, has set a solid pace for his team in the first days of the race.

Major Knolmayer and his team of 16 dogs left the Willow, Alaska, start at 2:44 p.m. Sunday and made it to the first checkpoint in Yentna at 7:17 p.m. after running 39 miles through a route crowded with spectators.

The team left Yentna at 8:50 p.m., after a brief rest, for the 34-mile trek to Skwentna, where he arrived 28 minutes after midnight on Monday. His pace of 9.4 mph for that leg was right in the middle of the field, which varied from 5 to 12 mph.

The 45-mile route from Skwentna to Finger Lake seemed to present more of a challenge, however, with teams reporting very poor trail conditions, including holes and deep, soft snow, according to the Anchorage Daily News.

Major Knolmayer made it to Finger Lake Monday in just under 12 hours with a 3.8 mph pace.

He left Finger Lake at 5:24 p.m. and arrived at the next checkpoint, Rainy Pass, at 10:13 p.m. Monday. He covered the 30-mile stretch at about 6.2 mph.

As of this writing, Major Knolmayer is resting at Rainy Pass before attempting the longest stretch of trail

so far, and arguably the most difficult, the 48-mile trek over the Alaska Range to Rohn.

With 907 miles to the finish-line in Nome, Major Knolmayer is holding steady toward the rear of the pack. His schedule of run/rest cycles seems to be right on track, as he said he planned to run the dogs for six hours and then let them rest for six hours throughout the race.

Another positive indicator is that so far, Major Knolmayer has only dropped one dog due to an injury. The health of the dogs is a primary factor in whether Iditarod competitors get to the finish of the 1,100-mile race, according to his wife, Mrs. Tina Knolmayer.

One concern Major Knolmayer expressed at the Iditarod’s ceremonial start in Anchorage on Saturday was the weather.

“The heat is ridiculous — this morning I checked and it was 36 degrees and raining at the first checkpoint. If we get wet before we hit the mountains and the 20-below temperatures there, it’s going to be miserable.”

Sure enough, the temperatures at the first few checkpoints have been hovering in the upper 30s during the day, causing many of the mushers to run primarily at night to avoid overheating the dogs, according to the ADN.

But mothers know best, and Major Knolmayer’s mother, Mrs. Agnes Knolmayer, was optimistic at the



TECH. SGT. KEITH BROWN

Wearing bib #24, Maj. (Dr.) Thomas Knolmayer, 3rd Medical Support Squadron chief of surgery, mushes off the starting line at the Iditarod restart in Willow Sunday. On Tuesday, the major had successfully reached the checkpoint at Rainy Pass, keeping a solid, steady pace and only dropping one dog.

ceremonial start. “I hope he finishes and he doesn’t get hurt — him or the dogs. I wish I could go with him.

This is so exciting!”
(Note: Follow the major’s progress at www.iditarod.com.)



AIRMAN 1ST CLASS GARRETT HOTHAN

Tech. Sgt. Stephanie Tallmadge

Duty title: Air Force Office of Special Investigation, Det. 631 noncommissioned officer in charge of information management
Hometown: Alma, Ark.
Hobbies: Scrapbooking, fitness activities and spending time with her family
How she contributes to the mission: Provides timely reports of investigations and correspondence to the wing
Time at Elmendorf: Two years
Best part of being in Alaska: The great outdoors
Supervisor’s comments: “Sergeant Tallmadge is the backbone of our detachment. Her hard work and dedication makes each day easier for agents to accomplish the AFOSI mission.” Lt. Col. Victor Valdez



SENIOR AIRMAN AUSTIN MAY

Staff Sgt. Glen Boland

Duty title: 3rd Maintenance Group weapons armament systems specialist
Hometown: Lubbock, Texas
Hobbies: Fishing
How he contributes to the mission: Responsible for loading bombs and missiles on F-15E aircraft and evaluating load crews for monthly and quarterly proficiencies
Time at Elmendorf: Seven years
Best part of being in Alaska: The long hours of daylight and fishing
Supervisor’s comments: “Sergeant Boland’s selflessness and dedication to his job ensures that Elmendorf has the best trained weapons troops in the Pacific Air Forces.” Tech. Sgt. Leonard Locke

Boniface Gate closure

The outbound lanes at Boniface Gate will be closed for canopy repairs March 22-27. The Boniface Gate inbound lanes and the Visitor Center will remain open as usual. To facilitate after hours departure, outbound lanes at Muldoon Gate will be open 24/7, inbound lanes will be closed at normal times. For questions call Mr. Robert McElroy at 552-1601.

11th AF CCC farewell

Eleventh Air Force members will bid farewell to the 11th AF Command Chief Rodney McKinley, and his wife Paula, March 22 at noon in the Susitna Club Ballroom. Cost for lunch is \$14.35 for club members and \$16.35 for non-members. E-mail or call Master Sgt. Tim Menzel at 552-7868 for reservations. Sign-up by Thursday.

Units desiring to make a presentation should call 552-7084. For questions, call 552-4900/7455.

Manager’s training

The 3rd Civil Engineer Squadron will conduct mandatory facility manager’s training March 23 at the Base Theater from 8-9:30 a.m., 10-11:30 a.m. or 1-2:30 p.m. The training is for all assigned primary and alternate facility managers, including tenant units.

For more information, call 552-3449/3727.

Marriage conference

The Chapel is providing registration scholarships to a “Weekend to Remember” marriage enrichment conference. The conference, led by

FamilyLife, includes topics such as effective communication, conflict resolution, developing intimacy, and renewing marriages.

The conference is March 18-20 at the Anchorage Marriott beginning at 5 p.m. The cost per couple is \$35 for E-1 to E-4 and \$69 for E-5s and above.

Call Chaplain (Capt.) Michael Goecker at 552-4422 to register.

Tax service Saturday

The 3rd Wing Tax Center will be open Saturday from 10 a.m. to 2 p.m. for walk-in tax services.

For questions, call 552-3832.

Flu vaccine

The 3rd Medical Group has 400 doses of flu vaccine remaining for any beneficiary six months and older regardless of risk history. The Immunizations Clinic hours are 7:45 a.m. to 4:30 p.m. Monday through Friday. For more information call 580-5812.

AFAF campaign

The Air Force Assistance Fund “Commitment to Caring” campaign runs through April 11, during which Airmen can to contribute to any of four official charitable organizations of the Air Force. The charities benefit active-duty, Reserve, Guard, retirees, surviving spouses and families. See your unit AFAF representative to make a donation. For more information, go to afassistancefund.org.

Selection board info

The following changes have been made to the schedule for selection boards convening in Calendar Year

2005: a colonel (BSC) selection board will not convene Sept. 12 as previously scheduled; a major (MSC) selection board will convene Sept. 12; and a lieutenant colonel (MSC) selection board previously scheduled to convene July 6 will now convene Sept. 12.

For more information, visit the military Personnel Flight.

EOSO scholarships

The Elmendorf Officer’s Spouses’ Organization is offering several \$1,000 scholarships to Anchorage-area high school seniors. Applicants must be children of active duty or retired military members with at least a 3.0 GPA. Applications must be received by April 1. Forms are available from your child’s high school counselor, the Family Support Center, the Susitna Club or at www.elmendorfoso.com.

Chess tourney, clinic

The Thunderbird Open Chess Tournament is April 9 at 9:30 a.m. at the Arctic Oasis Community Center. Registration is from 8:30-9:00 a.m. for \$5 for ages 6-12 and \$10 for ages 13 and up. Participants must be members of the U.S. Chess Federation. Two winners will advance to the Air Force tournament.

Free movie

Beginning Monday, the Armed Forces YMCA has up to four free tickets per person for the movie *The Wedding Date* at the Base Theater March 19 at 7 p.m. The tickets are for active duty and their families only. Pick up tickets at the ASYMCA Central Office at 7179 Fighter Dr.



Chapel Schedule

Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 6 p.m. Sundays at Chapel 2

Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more information, call the Chapel at 552-4422.

#1 out of Top 5 Enlisted Issues —Airmen’s Health

By Chief Master Sgt. Robert Tappana
3rd Wing command chief master sergeant

This is the second in a series of articles focusing on Elmendorf’s top five enlisted issues. This week is dedicated to issue number one — Airmen’s Health. We have two main focus areas for Airmen’s Health: education, detection, and prevention of suicides and attempted suicides; and, Driving Under the Influence prevention through increased awareness and personal responsibility.

As enlisted leaders we chose this as our first and most important issue because suicide and DUI both pose serious threats to our personnel and both directly and negatively impact mission readiness.

Suicide is on the rise across the Air Force. Locally, we lost three of our Elmendorf teammates to suicide last year, three times the number we lost in combat operations. It simply is not acceptable to lose our people to a preventable tragedy like this.

The only remedies to suicide are to educate ourselves and to commit to caring for one another. The Air Force has been at the forefront of suicide prevention education for many years. In the face of the recent rise in suicides, Pacific Air Forces have just completed a comprehensive study of our suicide prevention training. We are reviewing it here



at Elmendorf and will be working to incorporate the lessons learned into our local training programs.

It will take more than briefings and computer based training to be successful. The best defense against suicide is getting to know your teammates and taking a personal interest in their safety. We are in a demanding profession and are facing tremendous challenges.

Our best bet for survival here at home station is the same as it is in combat; we have to care for, protect, and defend each other.

DUIs also pose a serious threat to the health of our Airmen and the readiness of our team. Last year, 41 active-duty Elmendorf personnel committed DUI offenses. Forty-one Air Force professionals risked their lives and endangered the lives of others needlessly. All suffered serious legal and career repercussions. Worst of all, it was entirely avoidable.

This is one area where I believe we’ll achieve significant movement this year.

We are moving forward with an aggressive education program targeted to ensuring responsible use of alcohol. Irresponsible alcohol use results in more than DUIs. Alcohol is a significant contributing factor to domestic violence, sexual assault, and other serious crimes.

Our aim will be to educate our people, especially those most prone to alcohol misuse, so that we can avoid alcohol related crimes. For those who choose to ignore the training and violate the laws, expect to see serious consequences both legally and professionally.

As we move out on tackling these issues, we need all the help and ideas we can get. I am the issue champion for Airmen’s Health. Please contact me either by phone or e-mail if you have any recommendations on how we can defeat these challenges to our readiness.

32 Arctic Warriors to pin on senior master sergeant

The senior master sergeant promotion list was released Wednesday. The Air Force-wide selection rate was 9.19 percent, with 16,708 eligible and 1,535 selected.

The following Elmendorf master sergeants were selected for the grade of senior master sergeant:

Amy Fierro, 3rd MDG
Michael Perez, 3rd MDG

Mike Andruss, 3rd MSG
Roderick Baltazar, 3rd MSG
Rodney Dutton, 3rd MSG
Allen Graham, 3rd MSG
Leisa Alex, 3rd MSS
Reese Lamb, 3rd MXG
Darrell Robinson, 3rd MXG
Gregory Bjorgo, 3rd AMXS
Brian Heath, 3rd AMXS
Richard Dunham, 3rd CMS

Christopher Dearman, 3rd EMS
David Knight, 3rd EMS
Severino Reyes, 3rd MOS
Kenneth Williams, 3rd MOS
Michael Hill, 3rd OG
Shaun Churilla, 3rd OSS
William Masseth, 3rd OSS
Donald Cunningham, 3rd WG
Robert Hudson, 11th AF
Mark Samborski, 353rd CTS, Det. 1

David Huerd, 381st AIS
Michael Braggs, 611th AIS
Gerry Glover, 611th AOG
David Blais, 611th CES
Thomas Grman, 611th CES
Gregory Joy, 703rd AMXS
Michael Taylor, 703rd AMXS
John Crawley, 732nd AMS
Robert Rose, 732nd AMS
Jeffery Timberlake, 962nd AACS

Internet “phishing” scams hope to set hook ... in you

By Senior Airman Austin May
3rd Wing Public Affairs

Do you need cheap, legal drugs from Canada?

Would you like to help the prime minister of some country in Africa, whom you’ve never met, make millions of dollars through your personal bank account?

Would you like to affordably increase the size of your ... software library?

Well, you’re in luck. In fact, you don’t even have to search for these wonderful offers and services; they’ll come directly to you, via e-mail. But can they be trusted? According to experts at the 3rd Communications Squadron, probably not.

This form of scamming through e-mail is known as “phishing,” and is an attempt to trick consumers into disclosing personal and/or financial information.

“Phishing, which is an increasingly popular scam, is basically sending spam to large numbers of people and tricking them into going to a web page made to look like

an official page of a bank or other trusted business,” said Tech. Sgt. David Bennett, 3rd Communications Squadron noncommissioned officer in charge of information protection.

Users are typically asked to verify certain bits of information, such as a bank account number or password. If the e-mail recipient complies and provides these things, the person running the Web site now has access to the real bank account data.

“To avoid phishing schemes, first remember that no official site will ever ask you for your personal information,” Sergeant Bennett said. “They already have all of your personal information, and if they really want your password they

have the ability to set it themselves.”

There are ways to tell if a Web site is legitimate or not, according to Sergeant Bennett.

“If in doubt, don’t click any links in the e-mail,” he said. “Instead, manually type the address into your browser so that you make sure you go to the right site. Then check several links on the site. If you run into dead ends, you may be on a bogus site.”

According to Sergeant Bennett, the developers of these fake sites will typically only create a main page and a download page.

So how do people end up on these mailing lists? Sometimes, users unwittingly sign up to receive these e-mails, or their e-mail addresses are legally sold to an interested party.

“Whenever you fill out a web-form, read through the agreement,” Sergeant Bennett said. “Make sure you uncheck any boxes that say something like ‘Would you like to receive free information via e-mail?’

In most of these cases, if you read their privacy agreement it will say that if you leave that box checked they can sell your [e-mail] address to others.”

However, not allowing your e-mail address to be sold will not always prevent it from being

acquired.

“Hacking for e-mail addresses is a very lucrative business for some folks out there. The going rate is something around two-one thousandths of a cent per e-mail address, but some high-end lists can sell for as high as \$0.11 per address,” said Sergeant Bennett. “Google and other methods make it easy to generate a list of several hundred thousand e-mail addresses.” A person who sells one million addresses for two-one thousandths of a cent each can make \$200 in a day if they know who to sell to, he said.

There are ways to protect yourself from phishing scams. Sergeant Bennett suggests using a “disposable” e-mail address. “Do not post your work address to any non-military site; instead, use a disposable free e-mail address.”

E-mail addresses can also be picked up from forums, newsgroups, and chat rooms.

“Usually you’ll get an option to hide your address,” said Sergeant Bennett. “If not, put your address as john_dot_doe_at_my_isp_dot_com, or some other form which is not machine-readable as an e-mail address. This will help ensure that spammers do not collect your address via web searches.”

For more information on phishing scams, or any other type of fraudulent e-mail, call the Communications Control Center at 552-3464.

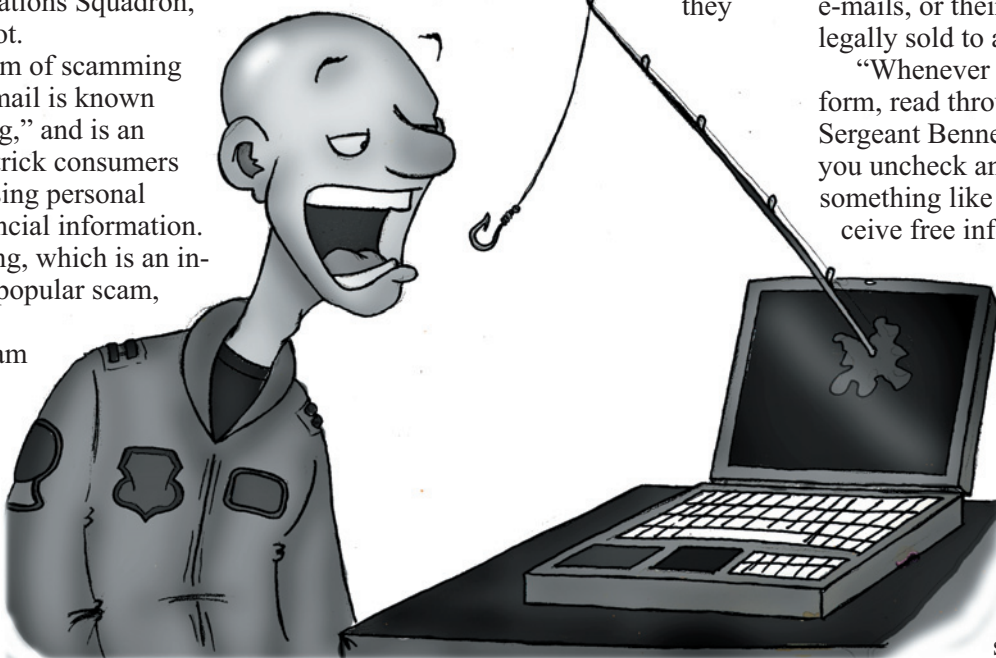


ILLUSTRATION BY SENIOR AIRMAN AUSTIN MAY

Arctic Life

Great living in the great land

National Nutrition Month runs through March

By Lt. Col. Deborah Simpson
3rd Medical Group

March is National Nutrition Month. This annual campaign, sponsored by the American Dietetic Association, reinforces the importance of good nutrition and physical activity as key components of good health.

This year, the campaign focuses on the following key messages: Be adventurous and expand your horizons, treat your taste buds, maintain a healthy weight, balance food choices with your lifestyle, and be active. All of these recommendations play an important role in helping to ensure a high level of nutrition and fitness.

Be adventurous and expand your horizons

Eating is one of life's greatest pleasures. One of the key components of eating a nutritious diet is variety, the "spice of life" when making food choices. The following are ways to add variety to your foods:

- Enjoy a wide variety of foods with different flavors, colors, and textures.

- Don't be afraid to try different ethnic foods such as Brazilian black bean soup, Mediterranean tabouli (bulgar salad), or Middle Eastern hummus (mashed chickpeas).

- Try a new food or recipe at least once a month.

- Select a variety of whole-grain foods such as whole wheat, brown rice, and oats. These foods form the foundation of a nutritious diet.

- Enjoy fruits and vegetables of various colors, because they contain hundreds of disease-fighting, natural substances that protect the body against certain cancers, obesity, heart disease, stroke and hypertension. They also contain no cholesterol and are virtually fat-free. Choose nonfat and low-fat foods from the milk and meat groups most often.

Treat your taste buds

Although moderation is a key component of a nutritious diet, meals do not have to be bland and boring. Try using lemon, salsa, herbs and spices for added flavor.

All foods can be included in a healthful diet. However, it is important to control how much and how often certain foods are eaten, especially foods high in fat, sugar or sodium.

Maintain a healthy weight

Maintaining an appropriate weight is essential for good health and quality of life. Carrying too



TECH. SGT. ADRIAN CADIZ

The Fitness Center will host a Fun Run in April with dates and times to be announced on Topcover.

much or too little body fat can negatively impact health and performance.

The location of extra weight on the body and weight-related health problems are also issues. Excess body fat located in the stomach area around the waist increases the risk for heart disease, high blood pressure, diabetes and certain types of cancer.

Balance food choices with your lifestyle

Developing a lifestyle that promotes nutrition and physical fitness forms the foundation for good health. Gradually incorporating healthful habits may be well worth the effort.

It's easier to get all of the nutrients needed for good health by eating foods from the major food groups. But be sure to balance the foods eaten with physical activity over several days. There is no need to worry about just one meal or day's worth of activity.

Be active

It's easier to achieve long-term health when good eating habits are combined with regular physical activity. So, why do most people have so much trouble sticking with a regular exercise program? Exercise experts say this is mainly due

to lack of motivation.

Participating in a variety of enjoyable activities such as walking, running and bicycling makes a regular exercise program easier to maintain. Expensive equipment and complicated fitness programs are not necessary to achieve and maintain a high level of fitness.

It's important to remember that any activity is exercise.

Activities such as walking to do errands, gardening and taking the stairs all contribute to the daily exercise quota.

National Nutrition Month is a perfect time to make positive changes in diet and exercise habits. Small changes can make a big difference in overall health.

Call the Nutrition Clinic at Elmendorf's hospital at 580-4310 for information about nutrition services offered.

The Health and Wellness Center and Fitness Center also provide health instruction and classes, including smoking cessation, cardio and weight-training classes, and much more. For more information, call the HAWC at 552-9959 and Fitness Center at 552-3504.



Col. Frederick Schaefer, commander

Unit Spotlight 3rd Dental Squadron

MISSION:

The 3rd Dental Squadron is a multispecialty, comprehensive dental service providing the oral health needs of more than 7,600 people supporting the Alaskan military communities' combat mission to project global power and global reach. The 3rd DS offers accessible, high quality care while upholding the Air Expeditionary Force mission. It also acts as the primary referral center for the Pacific Air Forces and all DoD in Alaska.





PHOTOS BY TECH. SGT. SHARON BALTAZAR

Above: Staff Sgt. Adam Joyce, 3rd Equipment Maintenance Squadron, separates stencils for a newly painted aircraft. Each F-15 aircraft requires approximately 200 stencils, fabricated on a Gerber stencil-cutting machine and then hand-separated by 3rd EMS workers.
Below: Airman 1st Class Craig Cumpton, 3rd EMS, begins sanding an aircraft. It takes about eight to ten eight-hour shifts, over approximately three days to completely sand the aircraft.
On the cover: Mr. Sidney Welch, 3rd EMS, sands the underside of one of the F-15 Eagle's many flight control surfaces.



Corrosion control means days of non-stop work

By Staff Sgt. Ryan Mattox
3rd Wing Public Affairs

Those who fly the F-15 and want a new paint job for their bird have only one place they can take it.

The 3rd Equipment Maintenance Squadron Corrosion Control Shop is where all of Elmendorf's F-15s go to get those scratches, scuff marks or chipped spots touched-up or, if needed, an entire new paint job.

"We dedicate five people around the clock to the aircraft. That means no appointments, no extra duties; a complete day of only working the aircraft," said Tech. Sgt. Jeffrey Guyer, 3rd EMS Corrosion Control Shop section chief.

The corrosion shop does touch up painting to help the aircraft maintain its coating integrity and prevent corrosion. They do full paints to aircraft that have not already received an advanced performance coating or paint has deteriorated to the point that a touch-up is more work than a full paint job.

According to Sergeant Guyer, the shop does one full paint job a month and spends the rest of the time on touch-ups. Not including weekends, the section has 20 painting days available, 14 of those days are used for aircraft, and the other six days are used to paint aircraft parts, trailers and other miscellaneous ground equipment parts.

It takes crews at the corrosion shop 10 days to paint an F-15, including its pylons and fuel tanks, and have it returned to flight status.

The process consists of masking areas of the aircraft

that do not receive paint, and then the entire aircraft is sanded, checked for missed areas, and blown and wiped down of all residue, dust and debris.

"It's a physically as well as a technically demanding task," said Senior Airman Jeremy Baum, 3rd EMS aircraft structural maintenance craftsman. "It takes two to three days to sand the whole jet. Granted, we are not working on a B-52, but it is still tough to get sanding done in that amount of time."

Next, the crew applies an epoxy primer to the bare areas of the aircraft, and afterward the entire aircraft is tie-coated. Once that is dry, the aircraft receives one of two paint schemes.

The F-15 C/D models receive compass ghost grey, which comes in two different colors, but with the same name, and different color numbers for the camouflage paint scheme. The F-15E models receive dark gray.

After the aircraft is dry, the stenciling process begins. Approximately 200 stencils are applied to the aircraft and its pylons and tanks.

Which unit the aircraft belongs to determines what color is used for the stenciling. For example, aircraft from the 90th Fighter Squadron use black paint for their lettering.

Then, when all the paint is dry, the aircraft receives a final inspection for any defects or flaws in the paint, and is returned to its unit.

So, if your F-15 needs a touch-up or a new paint job, take it to the 3rd EMS Corrosion Shop. And don't worry; they already know what color you want.



Top: Senior Airman Mitch Musselman, 3rd EMS, sprays tie-coat on an F-15 Eagle. Tie-coat ties the old coating to the new coating during the painting process.
Above: Airman 1st Class Craig Vander Woude, 3rd EMS, corrosion control shop, begins taping off an aircraft due to be painted. The canopy, antennas, landing gear, engines and other sensitive areas require masking prior to sanding operations.

Women in Uniform

By 1Lt Tony Wickman
Alaskan Command Public Affairs

ACROSS

- 1. Teen hangout
- 5. Head cover
- 8. Pass on
- 12. Thought
- 13. Rule of law
- 15. Span
- 16. First woman to receive Air Medal; Air Evac nurse
- 17. Mythological Greek monster
- 18. Wallet stuffers
- 19. First woman promoted to Brig Gen; WAC Director
- 22. Nap
- 25. Handy
- 28. Pod vegetable
- 29. Airport safety org.
- 32. Hurt
- 34. Father
- 35. Picnic pest
- 36. Olympic org.
- 37. Entertainment org. for troops
- 38. Wks lead to these
- 39. First director of WASPs

BOA	ADD	FAR	OAT
ELI	III	ERA	MRI
EER	AXE	LIP	ERR
ROSS		SATE	ALOE
	HAS	MOSELEY	
SMITH	ANN	ALTO	
TAP	ELS	TRY	
YES	LAP	LOH	MAT
	ADS	EPA	OLE
	TRIO	AAA	RURAL
	WIDNALL	TAR	
DICE	KIES	EIRE	
INK	ORE	ATA	SIP
AGE	BON	LIN	ODE
LED	INS	EAT	NEE

Last week’s solution

- 41. Grazed
- 44. Finding ____
- 45. Lout
- 48. First woman to receive Purple Heart
- 50. Service trees; rowans
- 53. Japanese sash
- 54. Explosive combo
- 55. USAF base entry needs
- 57. To be
- 58. Grant’s opposite
- 59. *Shrek* was one
- 61. Royalty title
- 63. Awful
- 65. Lever
- 69. Type of stereo equip.
- 72. First Director of WAF
- 73. Highest ranking woman in USAF
- 74. Oklahoma town
- 75. Stir
- 76. More hurt
- 77. Famous canine

DOWN

- 1. Ending of DoD websites
- 2. Commotion
- 3. Allow
- 4. Wood tool
- 5. First woman promoted to Brig Gen; Chief of Army Nurse Corps
- 6. The King ____
- 7. Ripped
- 8. Word ending for under and with
- 9. Highest ranking woman in USA
- 10. Fury
- 11. Nights, in brief
- 13. Greek letter
- 14. Bother
- 20. Visual
- 21. Claw
- 22. Health resort

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63	64					65	66	67	68			69		70	71
72						73						74			
75						76						77			

- 23. Actor Cariou
- 24. Dine
- 26. Even score
- 27. NFL scores
- 30. Before long
- 31. Allow entry
- 32. ____ borealis
- 33. To query; what ____ rose by any other name?
- 40. Health org.
- 41. Back, on a ship
- 42. 2,000 lbs.
- 43. Commends
- 45. First woman STS; Lt Col (USAF) Eileen ____
- 46. Honest ____
- 47. Expire
- 49. Knight title
- 51. First USMC woman officer promoted to Brig Gen
- 52. Ocean part
- 56. Student workplaces
- 60. Jewels
- 62. Saturn moon
- 63. Radio frequencies between 30 and 300 MHz
- 64. Debt letters
- 66. Business leader, in short
- 67. Mil. rest
- 68. Compass point
- 70. Through
- 71. Actress Lupino

3rd CS upgrades software system, improves security

By Master Sgt. Terrance Winn
3rd Communications Squadron

As you discovered after your first automobile purchase, owning a vehicle involves more than just driving. Owning a vehicle also requires maintenance with gas, oil, and other repairs to keep it in tip-top operating condition.

Our computer systems are no different and require maintenance to stay healthy and protected from attack.

Like the annual training we receive from the Information Awareness Assessment Program, it’s everyone’s responsibility to protect computer networks and the information stored on them.

Technology allows the 3rd Communications Squadron to automatically perform many security actions and upgrades to computers attached to the base networks.

However, this technology isn’t perfect and still requires technicians to manually load updates to computers that are not patched by the automated software tools.

The 3rd CS has recently upgraded the software

system used to perform automatic updates. The system is now the Microsoft System Management Server, and the upgrade has increased the automated success rates from 60-70 percent to 95-98 percent. This translates to a huge reduction in the number of hours Network Control Center technicians and unit work group managers will need to spend manually patching computers.

Furthermore, other customer and security oriented changes are being made to the way the 3rd CS uses the system management server.

A new policy letter has been signed by Brig. Gen. Michael Snodgrass, 3rd Wing commander, that directs all users to leave their computers powered on at all times.

This will enable NCC security technicians the ability to take needed measures to protect the network at any time of the day.

It will also allow the weekly security updates to run at night instead of during the day, preventing unexpected interruptions during normal duty day hours.

Note: emergency updates may still occur during the day.



AIRMAN 1ST CLASS GARRETT HOTHAN

Senior Airman Mark Crisostomo, 3rd Communications Squadron, sets up a system server as Staff Sgt. Michael Copeland, 3rd CS, looks on.

NCOs drunk and disorderly while TDY, punished accordingly

■ An airman first class from the 3rd Security Forces Squadron was derelict in his duties by sleeping on post.

His punishment included a suspended reduction to the grade of airman and seven days of extra duty.

■ An airman first class from the 703rd Aircraft Maintenance Squadron was driving while intoxicated.

His punishment included a reduction to the grade of airman, a suspended reduction to the grade of

airman basic, and forfeiture of \$200 pay per month for two months.

■ A staff sergeant from the 703rd Aircraft Maintenance Squadron was drunk and disorderly while TDY in Jakarta, Indonesia.

His punishment was a reduction to the grade of senior airman and suspended forfeiture of \$978 pay per month for two months.

■ A technical sergeant from the 703rd Aircraft Maintenance Squadron was drunk and disorderly while

TDY in Jakarta, Indonesia.

His punishment was a forfeiture of \$750 pay.

■ An airman first class from the 3rd Component Maintenance Squadron failed to report for duty and was speeding on base.

His punishment included a reduction to the grade of airman.

■ A staff sergeant from the 3rd Aircraft Maintenance Squadron wrongfully used marijuana.

His punishment was a reduction

to the grade of senior airman, forfeiture of \$500 pay and reprimand.

■ A technical sergeant from the 703rd Aircraft Maintenance Squadron failed to adhere to the Military Equal Opportunity Program instruction and wrongfully used degrading language towards women while TDY to Kadena Air Base, Japan and while at Elmen-dorf.

His punishment is a reduction to the grade of staff sergeant.

SPORTS NEWS



PHOTOS BY AIRMAN 1ST CLASS GARRETT HOTHAN

Just for kicks

Above: Austin Green, 9, member of the Elements Team and son of Staff Sgt. Mark Green, guards his goal.

Right: Thomas Dillon (in black), 9, member of the Elements Team and son of Chief Warrent Officer 3 Jeffrey Dillon, battles for control of the ball during an indoor soccer game Tuesday at Elmendorf's Youth Center.

Elmendorf's Youth Soccer Program has four leagues, one for each age group: a Peewee League for ages 5-6, a Bantom League for ages 7-8, a Minor League for ages 9-10 and a Major League for ages 11-12.

The indoor soccer league began in February and continues through mid-April.

For more information about the Youth Soccer Program or any other youth sports program, such as coaching or volunteering for the upcoming baseball and softball season, call Mr. Marlin Smith, youth sports director, at 552-2266 or 552-5308. Arctic Warriors can also learn more about youth sports programming by going to "youth sports" at Web site www.elmendorfserverices.com.



Coming soon ... Arctic Warrior Olympics 2005

A meeting will be March 18 at noon in the Daedalian Room in the Susitna Club to discuss this year's Arctic Warrior Olympics, Elmendorf's premiere exhibition of physical fitness and unit pride. All event points of contact and coordinators should attend, along with others interested in helping out. AWO is slated for June 10. For a list of volunteer positions or for more information, see topcover/units/awo/awo.htm or call Capt. Roger Lee at 552-3985.



SENIOR AIRMAN JOE LAWS